

DERMAL FILLERS PRE AND POST CARE

Dermal fillers are a treatment option for the reduction of wrinkles, skin rejuvenation, facial contouring and restoring volume of the face, hands and décolleté in patients that are looking for a subtle, instant result that is minimally-invasive. This procedure involves injecting a Hyaluronic Acid (HA) based gel into specific areas to plump, hydrate, or contour the area. Hyaluronic acid is a naturally occurring substance found in our skin – it attracts water, provides hydration and forms structural support through the stimulation of collagen. At Aesthetic Options, we only use reputable brands of HA fillers that are specially formulated to be injected into specific areas. Our doctors have received international training to perform these procedures and will guide you on which product will best address your concerns. Results are expected to last between 6-18 months (at times longer) depending on the product used and patient factors.

Pre Care Instructions

- If you are able to, avoid blood thinning medication one week prior to procedure as these increase your risk of bruising. These include: over the counter medications such as Aspirin, Brufen, Voltaren, other anti-inflammatory medications, vitamin E, niacin and omega-3 fatty acids. Panado is acceptable to use.
- Please notify your doctor if you are using prescription or non-prescription blood thinners so extra precaution can be taken to avoid bruising. Arnica tablets can be taken 2 days before and after the procedure to minimize bruising.
- Avoid the use of alcohol and caffeine 24 hour *before and after* your treatment to avoid extra bruising and swelling.
- Do not apply products that are potentially irritating to the skin 2-3 days before and after the procedure (eg. tretinoin, retinA, benzoyl peroxide.)
- Please inform us if you are prone to developing cold sores/fever blisters in order to receive antiviral therapy prior to treatment. ***especially important for lip filler**
- No dental, medical, aesthetic or invasive procedures of any kind for 2 weeks *before or after* treatment with dermal fillers.
- If you develop an infection or rash in the area to be treated prior to your appointment we recommend that you reschedule your appointment until it resolves.
- **Contraindications:** Pregnancy and breastfeeding, known allergies to any of its ingredients and lidocaine.
- Contact the practice prior to your appointment if you have any concerns or questions.

Day of Treatment

- **Lip Filler** – NB to arrive 30 minutes earlier for topical anaesthetic cream. Lips are a sensitive area and this helps. Injections in other areas are not so painful as the dermal fillers contain local anaesthetic.
- We recommend you do not wear any makeup in the area to be treated, it will need to be removed prior to treatment.
- If this is your first time receiving dermal fillers a “before” photo will be taken for your file.

Post Care Instructions

- You may put makeup on the day following treatment and resume with normal day-to-day activities.
- Do not press, massage or manipulate the treated areas unless instructed by the doctor.
- Avoid vigorous exercise, sun exposure, extreme temperatures, saunas, steam room, hot baths and communal water for 3 days post treatment.
- Temporary swelling can occur which may last 3-5 days and the treated area may feel tender. ***particularly the lips.**
- Mild bruising can occur and may take up to 10 days to resolve.
- Arnica, Traumeel or Voltaren gel may help, and 2 Panados can be taken if needed. Take anti-inflammatories prescribed if you have had lip fillers.
- Avoid retinA or other active skincare products for 3 days post treatment to avoid irritation and redness.
- No long-haul flights for 1 week following dermal fillers.
- Avoid cosmetic treatments such as laser, ultrasound, peels, microneedling or facials for 2 weeks after treatment.
- Abnormal mottling of the skin, blisters or severe pain at the injection site can occur in very rare cases. It may indicate compromised blood supply. Should you notice these changes or have any concerns please contact the clinic immediately on 087 806 8700.
- Book your follow up in two weeks unless an alternative date is advised by your doctor.